

Your Weight And Health Risk: What Do The Numbers Mean?

Assessment of weight and health risk involves using three key measures:

1. Body mass index (BMI)

BMI estimates body fat and is a good gauge of your risk for diseases that can occur with more body fat such as heart disease, high blood pressure, type 2 diabetes, gallstones, breathing problems, and certain cancers. The higher the BMI the higher your risk. Do you know your BMI?

Go to this link <http://www.nhlbi.nih.gov/guidelines/obesity/BMI/bmicalc.htm> to calculate your BMI.

	BMI
Underweight	Below 18.5
Normal	18.5–24.9
Overweight	25.0–29.9
Obesity	30.0 and Above

2. Waist circumference

Do you know your waist size? To correctly measure your waist, stand and place a tape measure around your middle, just above your hipbones. Measure your waist just after you breathe out. You are at a higher risk for heart disease and type 2 diabetes if your waist size is **greater than 35 inches** for women or **greater than 40 inches** for men.

3. Risk factors for diseases and conditions associated with obesity

In addition to being overweight or obese, the following conditions will put you at greater risk for heart disease:

Risk Factors

- High blood pressure (hypertension)
- High LDL cholesterol ("bad" cholesterol)
- Low HDL cholesterol ("good" cholesterol)
- High triglycerides
- High blood glucose (sugar)
- Family history of premature heart disease
- Physical inactivity
- Cigarette smoking